



Government of Canada
Fisheries and Oceans

Gouvernement du Canada
Pêches et Océans



Publication

Canadian Fish . . . Good For You

Over the past few years, thousands of Canadians have discovered the benefits of nutritious food and a healthy diet.

Among the great variety of foods that we have to choose from, fish can and should play an important role in this healthy diet. Versatile, convenient and delicious, it's no wonder fish consumption is on the increase in Canada.

High in protein, low in calories and fat and a valuable source of vitamins and minerals, there's no doubt about it, Canadian fish is good for you!

Canadian Fish . . . A Good Catch!

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Canadian Fish . . . A Good Buy

Secrets

- *CHOOSE* quality fish products
- *STORE* them properly
- *COOK* fish with care
- *SERVE* fish with flair

Choose . . .

FRESH FISH — look for

- mild, fresh odour
- good colour
- firm, elastic flesh that does not separate easily from the bone
- fillets and steaks that are moist and shiny and have a freshly cut appearance
- whole fish that have clear full eyes, shiny skin, bright red gills and bright adhering scales

FROZEN FISH — look for

- solidly frozen flesh with no signs of drying out, freezer burn or discoloration
- moisture — vapour proof wrapping or a solid glaze of ice
- packaging that is airtight and undamaged and no ice crystals when package is opened

Store

FOR REFRIGERATOR STORAGE

- eviscerate whole fish immediately; wash in cold water and dry
- wipe steaks or fillets with a damp cloth
- wrap tightly in moisture proof material (e.g. plastic wrap, heavy aluminum foil)
- store in refrigerator
- use as soon as possible
- store for no longer than 3 to 4 days

FOR FREEZER STORAGE

- wrap or rewrap store-packaged products tightly in moisture — vapour proof material (e.g. plastic wrap, heavy aluminum foil, plastic freezer bags) or place in airtight plastic container
- leave commercially-packaged products in original wrapping
- store at -18°C or lower
- keep fat species (e.g. salmon, mackerel, herring, turbot, lake trout) for no longer than 2 months
- keep lean species (e.g. cod, sole, ocean perch, pickerel, smelts) for no longer than 6 months

THAWING

- thaw frozen fish completely for ease in handling, such as for rolling, stuffing, or frying; some recipes require partial thawing of the fish to enable cutting it into strips or cubes.
- thaw fish overnight in the refrigerator or place unopened package in cold water for 1 to 2 hours.
- use thawed fish as soon as possible after thawing.

Do not refreeze fish that has been thawed

Canadian Fish . . . Good Eating

Cook . . .

COOKING GUIDELINE:

- Measure fish at thickest part. Allow 5 to 7 min per cm thickness for fresh or thawed fish and 10 — 12 min per cm thickness for frozen fish.
- Whenever possible, choose fillets, steaks or whole fish of a similar thickness for a more uniform cooking time.
- To test for doneness, prod fish at thickest part with a fork; when cooked, the flesh should be opaque and flake or separate easily.

Do Not Overcook.

Bake

- Brush fish with oil and season. Bake at 230°C in the middle of the oven.

Broil

- Brush fish with oil and season or use a basting sauce.
- Broil 9 — 10 cm from source of heat (12 — 15 cm for cuts thicker than 2 cm).
- Thick fillets or steaks should be turned, basted and seasoned halfway through cooking time.

Oven Steam

- Place fish on greased heavy aluminum foil.
- Brush with oil or dot with butter and season.
- Wrap tightly and place package on a cookie sheet.
- Bake at 230°C in the middle of the oven.

Pan fry

- Thaw fish for easier handling.
- Season and dip in liquid (milk or beaten egg), then in seasoned crumbs or other coating.
- Heat mixture of half butter and half oil (1 cm) in frying pan.
- Pan fry fillets until golden brown on both sides. Drain.

Serve

SEASON IT: tarragon, basil, dill, dry mustard, lemon, pepper, thyme, ginger
SAUCE IT: spicy tomato, béchamel, hollandaise, cheese, egg, tartar, sour cream.
BASTE IT: lemon, herb, anchovy or dill butter.
GARNISH IT: capers, lemon or lime wedges or slices, tomatoes, chopped egg, nuts or seeds.

This leaflet is one of a series of recipe publications. For further information contact:

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Captains’s Coquille

750 g frozen fish fillets	2 mL salt
125 mL dry white wine	Dash pepper
125 mL water	175 mL milk
2 mL salt	200 mL poaching liquid
Dash pepper	75 mL soft buttered
40 mL butter	bread crumbs
50 mL finely chopped green onion	Grated Parmesan cheese
40 mL flour	

Thaw fillets about 30 min just enough to ease cutting. Cut into 2 cm cubes. Combine wine, water, salt and pepper. Bring to boil and add fish. Reduce heat, cover and simmer 5 to 10 min or until fish flakes easily. Drain fish, reserving 200 mL poaching liquid. Melt butter and sauté onion until tender. Blend in flour, salt and pepper. Gradually add milk and poaching liquid. Cook, stirring constantly, until thickened. Add fish. Pour mixture into individual greased baking dishes or shells. Sprinkle with bread crumbs and cheese. Broil until top is lightly browned.

Makes 6 appetizer or 4 main course servings.

Herbed Trout With Sour Cream

4 trout, fresh or thawed	15 mL chopped parsley
Salt, pepper	0.5 mL chervil
25 mL butter	0.5 mL tarragon
15 mL chopped onion	60 mL sour cream
50 mL dry white wine or lemon juice	50 mL soft buttered bread crumbs

Wipe trout inside and out with a damp cloth. Sprinkle cavities lightly with salt and pepper. Grease 4 oblong pieces of heavy aluminum foil. Place a trout on each. Melt butter and sauté onion 2 min. Add wine, parsley, chervil and tarragon. Divide mixture evenly over each trout. Wrap tightly and place packages on a cookie sheet. Bake at 230°C, 15 min or until fish flakes easily. Open packages just enough to expose fish, being careful not to lose liquid. Spread 15 mL sour cream over each trout and sprinkle with bread crumbs. Broil until lightly browned. Serve in foil.

Makes 4 servings.

Sweet ‘n Sour Fillets

1 kg fish fillets, fresh or thawed	25 mL flour
30 mL butter	25 mL sugar
Salt	2 mL salt
	0.5 mL pepper
125 mL chopped onion	200 mL water
125 mL thinly sliced celery	50 mL vinegar
	25 mL chopped parsley
1 garlic clove, crushed	2 mL dill weed

Melt 15 mL butter in a large frying pan. Arrange fillets in a single layer in pan. Sprinkle with salt. Cook over moderate heat, 8 min or until lightly browned on underside. In a saucepan, melt remaining butter and sauté onion, celery and garlic until onion is tender. Combine flour, sugar, salt, pepper, water and vinegar. Mix until smooth. Add to onion and celery. Cook, stirring constantly, until thickened. Stir in parsley and dill weed. Pour sauce over fillets. Cook over low heat 5 min or until fish flakes easily.

Makes 6 servings.

Cornmeal Crusted Herring

6 pan dressed herring or mackerel, fresh or thawed	2 mL paprika
Salt, pepper	6 thin slices onion
1 egg, beaten	6 thin slices lemon
50 mL milk	75 mL butter, melted
250 mL cornmeal	5 mL salt
	1 mL pepper

Wipe herring inside and out with a damp cloth. Sprinkle cavities lightly with salt and pepper. Combine egg and milk. Mix cornmeal and paprika. Dip herring in egg mixture, then roll in cornmeal, shaking to remove excess. Place an onion and lemon slice in each cavity. Arrange herring in a single layer in a greased baking dish. Combine butter, salt and pepper. Spoon mixture into each cavity and drizzle remainder over top. Measure fish at thickest part. Bake at 230°C, allowing 5 – 7 min per cm or until fish flakes easily.

Makes 6 servings.

Curry Salmon Salad

2 cans (220 g each) salmon	250 mL diagonally sliced celery
375 mL uncooked shell macaroni	500 mL frozen peas, thawed and drained
125 mL shelled sunflower seeds (optional)	Curry Dressing
125 mL chopped green onion	2 hard cooked eggs, sliced
	Parsley

Curry Dressing

250 mL salad dressing	50 mL lemon juice
15 mL curry powder	1 garlic clove, crushed
15 mL prepared mustard	5 mL salt

Combine all ingredients.

Cook macaroni, rinse and drain. Combine macaroni, sunflower seeds, vegetables and Curry Dressing. Chill at least 3 h. Drain salmon and flake; mash bones. Add salmon and egg mashed bones to salad and toss lightly. Garnish with egg slices and parsley.

Makes 6 to 8 servings.

Fish Steaks Victoriana

1 kg fish steaks, fresh or thawed, 2 cm thick	250 mL sour cream
Salt, pepper	50 mL dry white wine
15 mL butter	2 mL salt
250 mL sliced fresh mushrooms	0.5 mL white pepper
	Dash paprika
	15 mL chopped parsley

Arrange steaks in a shallow greased baking dish. Season with salt and pepper. Bake at 230°C, 10 min. Melt butter and sauté mushrooms until golden. Remove from heat and stir in sour cream, wine, salt and pepper. Pour sauce over fish and sprinkle with paprika. Reduce heat to 190°C and bake 5 min. Garnish with parsley.

Makes 4 to 6 servings.

Sole Swirls With Tropical Sauce

1 kg sole fillets, fresh or thawed	1 can (540 mL) crushed pineapple
Salt	250 mL pineapple juice
50 mL butter	25 mL vinegar
250 mL coarsely shredded carrot	15 mL brown sugar
50 mL finely chopped onion	20 mL cornstarch
2 mL salt	10 mL soy sauce
	1/2 medium green pepper, cut into thin short strips

Sprinkle fillets lightly with salt. Melt 25 mL butter and sauté carrot and onion until onion is tender. Drain pineapple, reserving 250 mL juice. Add 250 mL pineapple and 2 mL salt to carrot mixture. Spread an equal amount of mixture over each fillet. Roll fillets and place seam side down in a shallow greased casserole. Melt remaining 50 mL butter and drizzle over rolls. Bake at 230°C, 20 min or until fish flakes easily. Combine pineapple juice, vinegar, brown sugar, cornstarch and soy sauce. Cook, stirring constantly, until clear and thickened. Stir in green pepper and remaining pineapple. Heat thoroughly. Serve over fish.

Makes 6 to 8 servings.

Smelt Sauté With Capers

500 g pan dressed smelt	75 mL milk
50 mL flour	15 mL oil
75 mL cornmeal	15 mL butter
2 mL salt	5 mL lemon juice
Dash pepper	25 mL butter, melted
Dash paprika	25 mL capers

Combine flour, cornmeal, salt, pepper and paprika. Dip smelt in milk, then roll in cornmeal mixture until evenly coated. Heat oil and 15 mL butter in a frying pan. Panfry smelt 5 min each side or until golden brown. Drain and arrange on serving platter. Combine lemon juice, melted butter and capers. Pour over smelt.

Makes 4 servings.

Spaghetti With Seafood

1 can (147 g) clams	2 mL salt
1 pkg (340 g) cooked shrimp, thawed	2 mL thyme
50 mL butter	50 mL chopped green onion
1 garlic clove, minced	250 g spaghetti, cooked and drained
375 mL sliced fresh mushrooms	50 mL soft butter
2 large tomatoes, peeled, seeded and chopped	50 mL chopped parsley
100 mL clam liquor	Grated Parmesan cheese

Drain clams and rinse. Strain liquor, reserving 100 mL. Chop shrimp coarsely. Melt butter and sauté garlic and mushrooms. Add tomatoes, clam liquor, salt and thyme. Simmer until some of the liquid has evaporated. Add shrimp and cook 3 min. Add clams and green onion and cook 2 min longer. Toss spaghetti with butter and parsley. Combine with seafood sauce. Serve with Parmesan cheese.

Makes 4 servings. (375 mL each).

Fish Fillets With Clam Stuffing

1 can (147 g) clams	1 can (284 mL) cheddar cheese soup
1 kg fish fillets, fresh or thawed	25 mL chopped parsley
50 mL butter	25 mL chopped pimento
50 mL chopped onion	50 mL fine dry bread crumbs
500 mL soft bread cubes	15 mL butter, melted
Dash pepper	

Drain clams and rinse. Melt butter and sauté onion until tender. Add clams, bread cubes, salt and pepper and toss lightly. Arrange half of fillets in a greased baking dish. Top with stuffing and cover with remaining fillets. Combine soup, parsley and pimento. Spread evenly over fish. Combine bread crumbs and melted butter. Sprinkle over casserole. Bake at 230°C, 25 min or until fish flakes easily.

Makes 6 servings.

Seafood Pie Royale

500 g frozen fish fillets	2 mL salt
250 mL water	1 mL dry mustard
2 mL salt	175 mL table cream
1 bay leaf	250 mL poaching liquid
15 mL lemon juice	25 mL chopped walnuts
75 mL butter	25 mL chopped onion
25 mL chopped onion	50 mL thinly sliced celery
50 mL finely sliced celery	75 mL flour
	Pastry for 2-crust, 23 cm pie

Place fillets in a large saucepan. Add water, salt, bay leaf and lemon juice. Bring to a boil, reduce heat, cover and simmer 6 to 8 min or until fish flakes easily. Drain fish well, reserving 250 mL poaching liquid. Flake fish and cool. Melt butter and sauté onion and celery until tender. Blend in flour, salt and mustard. Gradually add cream and poaching liquid. Cook, stirring constantly, until thickened. Remove from heat and stir in walnuts, pimento and fish. Pour into pastry-lined 23 cm (1 L) pie plate; cover with top crust, trim, seal edges and flute. Cut steam vents in top crust. Bake in lower part of the oven at 200°C, 25 to 30 min. Allow pie to stand 15 min before serving.

Makes 6 servings.

Green Pepper Fillets

1 kg pike or pickerel fillets, fresh or thawed	25 mL butter
Salt, pepper	25 mL lemon juice
Paprika	2 green peppers, cut in thin strips
25 mL oil	1 onion, thinly sliced

Cut fillets into serving size portions. Measure fillets at thickest part. Season with salt, pepper and paprika. Heat oil and butter in a frying pan. Panfry fillets on both sides, allowing a total cooking time of 5 – 7 min per cm. Remove to serving dish. Sprinkle with lemon juice and keep warm. In the same pan, sauté green pepper and onion until tender. Arrange vegetables over fish.

Makes 6 servings.

